

Key Stage	Topics Covered in PSICHE	Topics Covered in RSE
KS3	Term 3: Enrichment Day 3 (July 2023)	
Year 7	HEALTH (Eating, Personal Hygiene, etc)	
	Fitness	
	Healthy Eating	
	Personal Hygiene	
	CSE - Feelings, Brains and Bodies	
	Smoking & Vaping	
Year 8	HEALTH and SAFETY (Rail/ Road/ Water/ Fire)	
	Road Safety	
	FIRE - Fire Safety	
	RNLI - Water Safety	
	TRANSPORT - Rail Safety	
	Electricity & Sun Safety	
Year 9	HEALTH (Emotional)	
	Stress Circuit	
	Stress Management Techniques	
	SAFE IN SUSSEX - Relationships & Self-esteem	
	Being Emotionally Healthy	
	What is Stress?	
KS4		
Year 10		SFAETY (RSE)
		HIV - Terrence Higgins Trust
		Acorn Pregnancy Group
		POLICE - Sex and the Law
		SAFE in SUSSEX - Healthy & Unhealthy Relationships & Abuse
		Health Checks